



UKCA National Schools Championship

**RULES
&
REGULATIONS**

2010

INCLUDING

DISABILITY CHEERLEADING

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CATEGORIES & AGE DIVISIONS

CATEGORY	TIME	KS1	KS2	KS3	KS4	KS5
Cheerleading	2:00mins	X	X	X	X	X
Co-Ed Cheerleading	2:00mins	N/A	N/A	X	X	X
Advanced Cheerleading	2:00mins	N/A	X	X	X	X
Co-Ed Advanced Cheerleading	2:00mins	N/A	N/A	X	X	X
Street Cheer – Including Tumbling	2:00mins	X	X	X	X	X
Street Cheer – No Tumbling	2:00mins	X	X	X	X	X
Pom Dance	2:00mins	X	X	X	X	X
Disability Cheerleading	3:00mins	X	X	X	X	X

AGE DIVISIONS

PRIMARY SCHOOL

KS1

KS2

The oldest member of the team defines the entry division

(ie: If 19 members of the team are KS1 and 1 member is KS2, the team must enter KS2)

HIGH SCHOOL

KS3

KS4

KS5

The oldest member of the team defines the entry division

(ie: If 19 members of the team are KS3 and 1 member is KS5, the team must enter KS5)

COMPETITION TEAM SIZE

NO RESTRICTIONS

THE ONLY FLOOR MARKING WILL BE A FRONT LINE

CHEERLEADING COACHES PLEASE NOTE:

MAT SIZE 12M X 12M

IMPORTANT:

- **CHEERLEADERS FROM A REGISTERED UKCA SCHOOL CAN ENTER THE NATIONAL SCHOOLS COMPETITION IN ADDITION TO COMMUNITY, CLUB OR NATIONAL COMPETITIONS**

THE COACH MUST ENSURE THAT:

- **CHEERLEADERS ARE DRESSED APPROPRIATELY**
- **MUSIC IS APPROPRIATE FOR THE AGE OF THE CHEERLEADERS**
- **CHOREOGRAPHY IS APPROPRIATE FOR THE AGE OF THE CHEERLEADERS**
- **APPROPRIATE FOOTWEAR IS WORN IN BOTH CHEERLEADING AND DANCE**
- **NO BAREFEET ALLOWED**

- **NO LOOSE GLITTER IS USED ON HAIR, FACE, SIGNBOARDS, BANNERS OR UNIFORMS DURING A CHEERLEADING ROUTINE ON THE MATTED FLOOR**

CHEERLEADING GLOSSARY

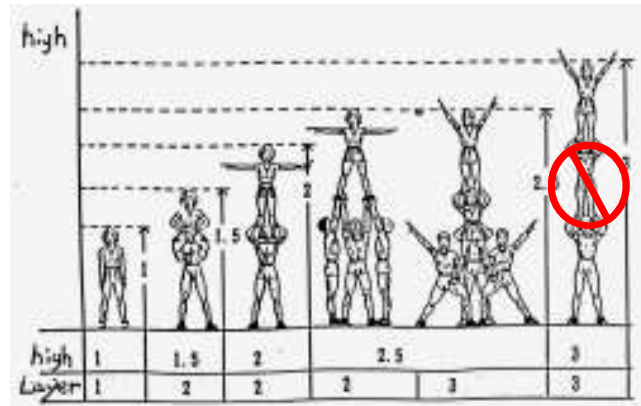
DEFINITIONS

Squad	Total number of Cheerleaders within your School
Team	Chosen number of Cheerleaders entering a Category and Division (i.e: Pom Dance 18 KS2)
Co-Ed	Mixed gender team (i.e. males and females)
Cheer	A vocal routine that tells a story and encourages crowd participation
Chant/Sideline	A short phrase repeated at least 3 times
Cheer Arm Motions	High 'V', 'T', 'High Touchdown', etc.
Jump	Executed from 2 feet to 2 feet landing feet together on balls of feet
Stunt	One or more bases taking the weight of the flyer
Pyramid	2 or more stunts close enough to touch without the need to move arm or body position
Base	Person who provides primary support for the flyer and is also responsible for catching the flyer during dismount
Flyer	Person without contact to the ground – Also know as Mounter/Top person
Spotter	A person primarily responsible for protecting the head, neck and shoulders area of the flyer. Spotters may help control, but may not provide primary support for stunt or pyramid. Spotters must maintain visual contact with the flyer and are responsible for their safe dismount
Bracer	A person who stabilises or touches a stunt by direct contact with another person. Although in direct contact, the bracer does not carry any weight. The stunt would remain stable without the bracer
Single Leg	Standing on one leg only
Balance Stunt	Hitch, Heel Stretch, Liberty, 'L' etc
Pop-off	A dismount method of freeing the top person from a stunt by pushing the top person forcefully off the bases' hands
Cradle	A method of catching the flyer
Tumbling	Cartwheels, handsprings, back handsprings and other gymnastics skills which involve rotation
Somersault	An aerial gymnastic skill which involves a hip over head rotation
Suspended Roll	A somersault performed in the air by the flyer with constant hand to hand contact with the bases
Toss	Top person being free of continuous contact from the base(s) (i.e. Basket Toss)
Twist	Vertical Rotation (No hip over head rotation)
Rotation	Somersault - Hip over head rotation
Toe Pitch	An accepted method used to mount where one or more bases use their hands as a stepping platform to toss the flyer up (Can be used in a partner stunt)
Cheer Uniform	Top/skirt, top/shorts or dress, socks and trainers/pumps Top/trousers, top/shorts, socks and trainers/pumps

SAFETY GUIDELINES

PYRAMIDS AND STUNTS OVER 2.5 PERSONS HIGH ARE PROHIBITED

Please Note: Height limit



Stunt/Pyramid		Height	Layers
Thigh stand	Flyer standing on thigh of 2 bases	1.5	2
Shoulder sit	Flyer sitting on shoulders of single base	1.5	2
Elevator (2-1)	Flyer standing in hands of 2 bases (flyers feet are at shoulder level of the bases)	2	2
Shoulder Stand	Flyer standing on shoulders of 2 bases	2	2
Shoulder Stand	Flyer standing on shoulders of single base	2	2
Chair	Flyer sitting on extended arm of single base	2	2
Extension (2-1 or 1-1)	Flyer standing in bases hands while main bases have arms extended above their head.	2.5	2
A-frame Pyramid (2-2-1 or 4-2-1)	Two flyers, standing in either an elevator or shoulder stand, hold another flyer at their waist level	2.5	3

GENERAL

- The flyer must start the routine with at least one foot on the ground
- The main base must have at least one foot on the ground at all times
- The main base cannot assume a back-bend position
- All required spotters must be active members of the participating squad
- Triple base straddle lifts/V-sits must have a spotter to protect flyers' head, neck and shoulders at **EXTENDED** levels(i.e.3 bases **PLUS** an additional spotter)
- **ALL DIVISION**, stunts and pyramids 2 high or above must have a spotter for each top person
- **Cradle dismounts must have a minimum of 3 people to catch**
- Pendulums are accepted if there is constant contact between the flyer and at least one base
- Toe pitches are accepted as a method of building stunts/pyramids

PROHIBITED

- A dismount to the floor on any other part of the body except the feet
- A top person at 2 high or above jumping down/stepping down without assistance
- All hanging pyramids ('Diamond Head' etc)
- Use of mini-trampolines, springboards or any height increasing prop/apparatus

BASKET TOSS

TOSS

- A Basket Toss or any other type of toss must be performed from ground level by no more than 4 (four) bases
- Must be cradled by at least two of the **original** bases plus an additional spotter
- A toss should be directed vertically
- Tricks can be performed during a toss i.e. kick, toe touch, pike

PROHIBITED

- A Toss over/under or through any pyramids/stunts
- A Helicopter toss

DISMOUNTS

KS2

- Cradle dismounts must have a minimum of 3 people to catch

KS3

- Cradle dismounts must have a minimum of 3 people to catch
- Single suspended rotation dismounts are allowed as long as they are controlled to the floor or caught in a cradle

KS4

- Cradle dismounts must have a minimum of 3 people to catch
- Twisting dismounts from stunts/pyramids must not exceed a single twist and must be caught in a cradle
- Single suspended rotation dismounts are allowed as long as they are controlled to the floor or caught in a cradle

KS5

- Cradle dismounts must have a minimum of 3 people to catch
- Twisting dismounts from stunts/pyramids must not exceed a single twist and must be caught in a cradle
- Single suspended rotation dismounts are allowed as long as they are controlled to the floor or caught in a cradle

CHEER JUMPS

• Straight (approach)	Low Level
• Tuck	Low Level
• Straddle (Star)	Low Level
• Herkie/Hurdler	Mid Level
• Toe Touch	Mid Level
• Universal	Higher Level
• Pike	Higher Level
• Around The World	Higher Level

TUMBLING

• Forward Roll	Low Level
• Backward Roll	Low Level
• Handstand	Low Level
• Cartwheel	Low Level
• Round Off	Low Level
• Back Bend	Low Level
• Front Limber	Low Level
• Forward Walkover	Low Level
• Backward Walkover	Low Level
• Back Hand Spring	Mid Level
• Front Handspring	Mid Level
• Standing Tuck	High Level
• Somersaults	High Level
• Layouts	High Level
• Full Twists etc	High Level

All Cheer Jumps and Tumbles are allowed

Coaches should carefully select the level of Cheer Jumps and Tumbles shown in a routine

They will need to be appropriate to the skill level of the Cheerleaders

The Judges' scores will reflect the quality of technique shown

SCHOOLS CHEERLEADING SKILL OVERVIEW

See next page for Advanced Skills

Age Group	KS1	KS2	KS3	KS4	KS5
Skill					
Layer	2	2	2	2	2
Height	1.5	2	2	2	2
Single Base Stunt (Examples)	1.5 Hitch @ Thigh Stand	1.5 Heel Stretch @ Thigh Stand	1.5 Hitch @ Thigh Stand	1.5 Stand on Table Top	1.5 Shoulder Stand on Kneeling Base
Single Leg Balanced Stunt (Examples)	1.5	1.5	2 Arabesque @ Elevator WITH 2 BASES TAKING THE WEIGHT OF THE FLYER	2 Hitch @ Elevator WITH 2 BASES TAKING THE WEIGHT OF THE FLYER	2 Liberty @ Elevator WITH 2 BASES TAKING THE WEIGHT OF THE FLYER
Mounts	No Twists No Rotations	No Twists No Rotations	No Twists No Rotations	No Twists No Rotations	No Twists No Rotations
Dismounts	No Twists No Rotations	No Twists No Rotations	No Twists No Rotations	No Twists No Rotations	No Twists No Rotations
Basket Toss	Prohibited	Prohibited	Prohibited	Prohibited	Prohibited
Tumbling	No Restriction	No Restriction	No Restriction	No Restriction	No Restriction

SCHOOLS ADVANCED CHEERLEADING SKILL OVERVIEW

Age Group	KS1	KS2	KS3	KS4	KS5
Skill					
Layer	N/A	2	2	2	2
Height	N/A	2	2.5	2.5	2.5
Single Base Stunt (Examples)	N/A	1.5 Hitch @ Thigh Stand	1.5 Liberty @ Thigh Stand	2 Hitch @ Elevator	2 Liberty @ Elevator
Single Leg Balanced Stunt (Examples)	N/A	2 Hitch @ Elevator WITH 2 BASES TAKING THE WEIGHT OF THE FLYER	2 Liberty @ Elevator WITH 2 BASES TAKING THE WEIGHT OF THE FLYER	2.5 Liberty @ Extension WITH 2 BASES TAKING THE WEIGHT OF THE FLYER	2.5 Arabesque @ Extension WITH 2 BASES TAKING THE WEIGHT OF THE FLYER
Mounts	N/A	Single Half Twist Contact with at least 1 base No Rotations	Single Full Twist Contact with at least 1 base No Rotations	Single Full Twist Contact with at least 1 base No Rotations	Single Full Twist No Rotations
Dismounts	N/A	No Twists No Rotations	No Twists Single Suspended Rotation	Single Full Twist or Single Suspended Rotation	Single Full Twist or Single Suspended Rotation
Basket Toss	N/A	No Twists No Rotations	No Twists No Rotations	No Twists No Rotations	No Twists No Rotations
Tumbling	N/A	No Restriction	No Restriction	No Restriction	No Restriction

SCHOOLS CHEERLEADING

COMPETITION REQUIREMENTS

KS1	STUNTS 2 LAYERS - 1.5 HIGH ONLY
KS2	STUNTS 2 LAYERS - 2 HIGH ONLY
KS3 All Female & Co-ed	STUNTS 2 LAYERS - 2 HIGH ONLY
KS4 All Female & Co-ed	STUNTS 2 LAYERS - 2 HIGH ONLY
KS5	STUNTS 2 LAYERS - 2 HIGH ONLY

ADVANCED

KS2	STUNTS 2 LAYERS - 2 HIGH ONLY
KS3 All Female & Co-ed	STUNTS 2 LAYERS - 2.5 HIGH ONLY
KS4 All Female & Co-ed	STUNTS 2 LAYERS - 2.5 HIGH ONLY
KS5 All Female & Co-ed	STUNTS 2 LAYERS - 2.5 HIGH ONLY

Cheer uniform **MUST** be worn

Perform a routine of continuous movement

It should be dynamic and exciting, incorporating all the compulsory elements

Audience participation and props are encouraged

(i.e. Poms, megaphones, banners, signs/cards, flags etc)

COMPULSORY ELEMENTS

Cheer

Chant/Sideline

Cheer Arm Motions

Stunts

Pyramid

Cheer Jumps

Tumbling

Dance

Points will be deducted from total score for each compulsory element not performed

Beginning & End of Routine

The routine must begin & end within the performance area

Cheerleaders not allowed outside the performance area once routine has started

All Cheerleaders must start the routine with at least one foot on the ground

All Cheerleaders must come to a complete stand still before beginning their routine

Set up time is 20 seconds and begins when the 1st Cheerleader enters the marked area

Time

Routine **maximum** time limit is **2.00** minutes

Timing will begin on the first note of music, the first vocal command or the first cheer movement and stop with the last note of the music or when all Cheerleaders come to a stationary position

The judges will continue to mark the final dismounts until they are safely on the ground

Music

Teams must provide their own CD with backup, which must be clearly labelled

Music for each performance should begin at the start of a CD

A representative of the team must start and stop the music

SCHOOLS CHEERLEADING

SCORE SHEET 2010

1. Cheer/Chant/Sideline Voice projection, use of props, choreography	1	2	3	4	5	6	7	8	9	10
2. Stunts Difficulty, continuity, dismounts, timing, stability, originality	1	2	3	4	5	6	7	8	9	10
3. Pyramids Difficulty, continuity, dismounts, timing, stability, originality	1	2	3	4	5	6	7	8	9	10
4. Jumps Difficulty, execution, power, variety, landing	1	2	3	4	5	6	7	8	9	10
5. Tumbling Difficulty, execution, visual effects, number of team members participating	1	2	3	4	5	6	7	8	9	10
6. Dance Energy, originality, execution	1	2	3	4	5					
7. Arm Motions Sharpness, correct placing	1	2	3	4	5					
8. Formations Spacing, choreography	1	2	3	4	5					
9. Expression Overall appearance, crowd appeal, eye contact, facial expression, confidence	1	2	3	4	5					
10. Transitions, speed Flow of routine	1	2	3	4	5	6	7	8	9	10
11. Synchronisation Timing, unity	1	2	3	4	5	6	7	8	9	10
12. Difficulty Correct ability level	1	2	3	4	5	6	7	8	9	10

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DANCE GLOSSARY

Cheer Arm Motions	High 'V' – 'T' – 'High Touchdown' etc
Jumps	Executed from 2 feet to 2 feet – landing feet together on balls of feet
Leaps	A light, springing movement, upwards and forwards executed from one leg, landing on one leg.
Pirouettes	A controlled turn in either direction performed on one leg on the ball of the foot. Can have single or multiple rotations.
Splits	Can be performed in right, left or centre (box) positions. The back leg should be straight.
Kicks	A straight leg lifted with force from the hip joint. Can be front, back, diagonal, side or circular.
Acrobatics in Dance:	ALLOWED: Side rolls, back bends, modified hand-stand (hips are momentarily less than vertical with the shoulders), break dance moves such as "the worm", neck stand (candle) PROHIBITED: Forward or back rolls, handstands, cartwheels etc. Any move where the weight of the performer is on their hands and the hips rotate /come up straight over the head, without the support of one or both feet.
Stunting in Dance:	ALLOWED: Pulling the Cheerleader up from a sitting/crouching position on the ground. Assisted jumps or, leaning on another Cheerleader with at least one foot on the ground PROHIBITED: Any move where the body weight is supported by another person, without the performers foot/feet touching the ground. (i.e. Thigh stand, all lifts, leap frog etc)
Additional Props	Any items used, or clothing removed during a routine will be considered as an additional prop. If hats worn as part of the costume and not used throughout the routine, hats are not an additional prop. If used at all, hats will be marked as a prop.
Dance Costume	Costumes should be safe and appropriate for the age and style of the team members.

SCHOOLS POM DANCE

COMPETITION REQUIREMENTS

KS1

KS2

KS3

KS4

KS5

Perform any type of dance routine, which may encompass a variety of dance styles such as (but not limited to) Jazz, Funk, Pop, Lyrical, Hip-hop, Street etc.

Additional props may be used

COMPULSORY ELEMENTS

Cheer

Chant/Sideline

Cheer Arm Motions

Cheer Jumps

Poms must be used by all participants at some point during the routine (optional for males)

Points will be deducted from total score for each compulsory element not performed

PROHIBITED

Stunts

Pyramids

Tumbling

Acrobatics

Beginning & End of Routine

The routine must begin & end within the marked 12m x 12m performance area

Cheerleaders not allowed outside the marked area once routine has started

Set up time is 20 seconds and begins when the 1st Cheerleader enters the marked area

Time

Routine **maximum** time limit is **2.00** minutes

Timing will begin on the first note of music, the first vocal command or the first cheer movement and stop with the last note of the music or when all Cheerleaders come to a stationary position

Music

Teams must provide their own CD with backup, which must be clearly labelled

Music for each performance should begin at the start of a CD

A representative of the team must start and stop the music

SCHOOLS STREET CHEER

NO TUMBLING (NO MATS PROVIDED)

COMPETITION REQUIREMENTS

KS1
KS2
KS3
KS4
KS5

Perform Street Cheer style routine using (but not limited to) Street Dance moves

NO ADDITIONAL POINTS WILL BE AWARDED FOR BREAK DANCE these skills will be marked in the wow factor section

Unlimited use of additional props

COMPULSORY ELEMENTS

A Street Cheer style Cheer and/or a Street Cheer style Chant

Jumps

Use of the 'and' count within Choreography

A Locking section

Poms must be used at some point during the routine (optional for males)

Points will be deducted from total score for each compulsory element not performed

PROHIBITED

Stunts

Pyramids

Tumbling

Acrobatics

Beginning & End of Routine

The routine must begin & end within the performance area

This area will be a wooden floor or a sports hall floor, **no mats** will be provided

Set up time is 20 seconds and begins when the 1st Cheerleader enters the marked area

Time

Routine **maximum** time limit is **2.00** minutes

Timing will begin on the first note of music, the first vocal command or the first cheer movement and stop with the last note of the music or when all Cheerleaders come to a stationary position

Music

Teams must provide their own CD with backup, which must be clearly labelled

Music for each performance should begin at the start of a CD

A representative of the team must start and stop the music

Explicit material will receive a 10 point deduction

SCHOOLS STREET CHEER

INCLUDING TUMBLING (MATS PROVIDED)

COMPETITION REQUIREMENTS

KS1
KS2
KS3
KS4
KS5

Perform Street Cheer style routine using (but not limited to) Street Dance moves

NO ADDITIONAL POINTS WILL BE AWARDED FOR BREAK DANCE MOVES these skills will be marked in the wow factor section

Unlimited use of additional props

COMPULSORY ELEMENTS

A Street Cheer style Cheer and or a Street Cheer style Chant

Jumps

Use of the 'and' count within Choreography

A Locking Section

Poms must be used at some point during the routine (optional for males)

Points will be deducted from total score for each compulsory element not performed

Transitional Skills

Tumbling

Acrobatics

These skills will be marked in the wow section.

PROHIBITED

Stunts

Pyramids

Beginning & End of Routine

The routine must begin & end within the performance area

Mats will be provided

Set up time is 20 seconds and begins when the 1st Cheerleader enters the marked area

Time

Routine **maximum** time limit is **2.00** minutes

Timing will begin on the first note of music, the first vocal command or the first cheer movement and stop with the last note of the music or when all Cheerleaders come to a stationary position

The judges will continue to mark the final dismounts until they are safely on the ground

Music

Teams must provide their own CD with backup, which must be clearly labelled

Music for each performance should begin at the start of a CD

A representative of the team must start and stop the music

Explicit material will receive a 10 point deduction

Definitions

Transitional Skills - A weight-bearing skill that is fluid in nature. The skill will be considered transitional if it is held for 3 seconds or less. Any longer will be considered a stunt and is prohibited.

SCHOOLS STREET CHEER

SCORE SHEET 2010

1. Cheers or Chants

1 2 3 4 5 6 7 8 9 10

Clarity, timing, volume, use of props

Street language, appropriate Street Motions, levels, visuals

2. Choreography

1 2 3 4 5 6 7 8 9 10

Musical interpretation, visual effects, originality,

Use of 'and' count, appropriate music, levels.

Inclusion of basic moves, Street style.

3. Locking

1 2 3 4 5 6 7 8 9 10

Inclusion of a locking section.

Sharpness, precision, control of body, originality

4. Jumps

1 2 3 4 5 6 7 8 9 10

Difficulty, power, strength, execution, height,

landing

5. Transitions & Formations

1 2 3 4 5 6 7 8 9 10

Flow of routine, change of patterns

6. Timing & Synchronisation

1 2 3 4 5 6 7 8 9 10

Timing, unity

7. Execution

1 2 3 4 5 6 7 8 9 10

Confidence, facial expression, attitude, energy, strength

8. Entertainment Value

1 2 3 4 5 6 7 8 9 10

Overall appearance, enthusiasm

9. Wow Factor

Specialist skills, signature moves, originality, safety,

timing

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DISABILITY CHEERLEADING

Performance Division

Perform a routine which may encompass a variety of Dance Styles, Movement and Vocals

Poms should be used at some point during the routine by a number of Cheerleaders, Helpers or Carers

Additional props may be used

SUGGESTED ELEMENTS

**A Cheer
A Chant
Cheer Arm Motions
Dance**

PROHIBITED

**Stunts
Pyramids
Tumbling
Acrobatics**

Beginning & End of Routine

The routine must begin & end within the performance area

No limit on set up time

Time

Routine time limit is **3.00** minutes

Music

Teams must provide their own CD with backup, which must be clearly labelled

**Helpers and Carers will be allowed onto the floor
if this meets the needs of your team**

DEDUCTIONS

<u>PENALTY</u>	<u>DEDUCTION</u>
1 SAFETY VIOLATION Points will be deducted from the final score for <u>each</u> safety violation as defined by the judging panel	10 POINTS per violation
2 PROHIBITED ELEMENTS/ITEMS Points will be deducted for each prohibited element performed or item used in a routine (e.g. Lack of spotters, Double Rotation in Junior Cheerleading)	10 POINTS per violation
3 COMPULSORY ELEMENTS Points will be deducted from the final score for each compulsory element not performed	10 POINTS per violation
4 UNIFORM SAFETY VIOLATION/UNSUITABLE UNIFORM Correct uniform/footwear must be worn in all Divisions	10 POINTS per violation
5 HARD MEDICAL ITEMS Hard medical items (including glasses and hearing aids) MUST NOT be worn during performance based on Health & Safety Guidelines, unless the coach has completed an additional written risk assessment This must be submitted with the competition entry form	10 POINTS per item
6 NO JEWELLERY TO BE WORN	10 POINTS per item
7 UNSUITABLE MUSIC Profanities & referrals of a sexual, violent or racial nature may result in penalties or in extreme cases, disqualification	10 POINTS per violation
8 GLITTER NO loose glitter on hair, face, signboards, banners or uniforms in Cheerleading Divisions on matted floor	5 POINTS per violation
9 HAIRPINS, GRIPS, PLASTIC COMBS ETC No metal hairpins, grips, plastic combs/head-bands in Cheerleading Divisions	5 POINTS per item
10 TIME OVER DEDUCTION Points deducted for each second over time limit during set up and performance of routine	1 POINT per second
11 OUTSIDE AREA VIOLATION Movement that takes the competitors foot or feet outside the marked area (Not enforced during 2010)	1 POINT per violation
12 DROPPED POMS Choreographed throws will not be considered a drop	1 POINT per pom
13 LOST ACCESSORIES All accessories must be secure (e.g. uniform/costume attachments, scrunchies, hair grips)	1 POINT per item

Northern Ireland Recreational Dance for Schools

Friday 26th March 2010
10.30am – 4.00pm
Antrim Forum

AGE DIVISIONS

PRIMARY SCHOOL KS1 - KS2

The oldest member of the team defines the entry division (i.e. If 19 members of the team are KS1 and 1 is KS2, the team must enter KS2)

HIGH SCHOOL KS - KS4 - KS5

The oldest member of the team defines the entry division (i.e. If 19 members of the team are KS3 and 1 is KS5, the team must enter KS5)

COMPETITION TEAM SIZE

TEAMS ONLY

NO MAXIMUM NUMBER

DANCE STYLES

Modern Pop - Jazz - Creative - Musical Theatre

Teams wishing to perform Street/Hip Hop style of dance

MUST enter the **Schools Street Cheer** section (See **Schools Rules**)

ROUTINE TIME LIMIT

Routines have a maximum 2.00 minute time limit

PROHIBITED

Stunting, Tumbling and use of Poms

PROPS

Props may be used in the routine

Teams wishing to use poms **MUST** enter the **Schools Pom Dance** section (See **Schools Rules**)

The Coach/Teacher **MUST** ensure that:

- * Performers are dressed appropriately
- * Music is appropriate for the age of the Performers
- * Choreography is appropriate for the age of the Performers
- * Appropriate footwear is worn (No bare feet allowed)

The Performance will be marked on:

- * Teamwork
- * Technique/skill/footwork
- * Quality of Movement
- * Interpretation of choice of Music
- * Artistic Impression/Performance
- * Change of levels
- * Use of floor

****Please note**

2010 sees the last of the **Northern Ireland Recreational Dance** categories as **UKCA** continues to develop

Our competition is now proud to boast the inclusion of three disciplines this year:

Cheerleading

Pom Dance

Street Cheer

Our aim is to continue to offer additional UKCA disciplines as the sport develops

ADDITIONAL COMPETITION INFORMATION

ELIGIBILITY	Competitions Open to UKCA REGISTERED SCHOOLS ONLY
MEMBERSHIP	Coaches/Teachers wishing to enter teams into UKCA competitions are required to register the school FREE OF CHARGE online at www.ukca.org
INSURANCE	A copy of the current Squad/Team Public Liability Insurance document must be provided to UKCA 14 days before the competition. Alternatively, UKCA require a letter on school headed paper confirming that all participants registered for the competition have insurance cover through school.
COMPETITION REGISTRATION	Coaches should complete one competition registration form per team, per category. See www.ukca.org for current fees and deadline dates To be received by UKCA with FULL PAYMENT on or before the application deadline
TEAM HELPERS	Maximum - 1 helper for every 5 Cheerleaders will be allowed to assist Coaches/Teachers at the competition (4 Helpers = 20 Cheerleaders)
WITHDRAWAL	Coaches should advise UKCA should their team be unable to participate N.B. ENTRY FEES ARE NON-REFUNDABLE
AWARDS	All Cheerleaders will receive a commemorative medal & certificate Teams in 1st through to 3rd place in all Categories & Divisions will be awarded trophies (Subject to entries - this may increase)
JUDGES	Up to 5 Independent Judges will sit on the panel THEIR DECISIONS ARE FINAL Under no circumstances are Judges to be approached by Coaches, Cheerleaders or supporters Failure to adhere to this could result in squad disqualification
SCORE SHEETS	Copies will be available to coaches within 28 days of the competition
FIRST AID	Qualified First Aid personnel will be present at the competition Coaches must take responsibility for the well being of their own Cheerleaders at all times
COMPETITION VENUE	The venue will be declared a NON-SMOKING, ALCOHOL-FREE area
SOUND SYSTEM	Players for CD's will be provided for the competition Coaches are advised to finalise re-writable CD's before removing them from their computer
MUSIC	Music must be suitable for the relevant age group Profanities & referrals of a sexual, violent or racial nature may result in penalties or in extreme cases, disqualification

ADDITIONAL COMPETITION INFORMATION – cont:

SALE OF MERCHANDISE

Must be agreed through UKCA

ADVERTISING / SPONSORSHIP

All advertising to promote the Championship via individual squads (i.e. use of logos) **MUST** be cleared by **UKCA**

COMPLAINTS

A designated UKCA official will be available during the event to answer questions. Complaints should be forwarded to UKCA Head Office in writing to no later than **7 days** following the competition

MOBILE PHONES

Use of mobile phones is prohibited. Failure to comply with this ruling will result in the person/s being ejected and the equipment confiscated

VIDEO CAMERAS

Use of personal camcorders is prohibited. Failure to comply with this ruling will result in the person/s being ejected and the equipment confiscated. An official UKCA DVD will be available for purchase following the Championship

NO PHOTOGRAPHY

Photography during the competition by anyone except approved UKCA personnel is prohibited. Failure to comply with this ruling will result in the person/s being ejected and the equipment confiscated. Official UKCA photographs will be available for purchase on the day of competition and after by email request

PHOTOGRAPHIC CONSENT

Official Photographers will be present at UKCA Competitions

**By consenting to entry
there is an acceptance that
the Cheerleader may be photographed
and the images taken may be published on the UKCA website
or other official UKCA promotional material**

**Coaches MUST ensure that all Parents/Guardians
are aware of this and all other relevant information**

**UKCA will take all reasonable precautions to ensure that
Safety Guidelines are adhered to**

UKCA CODE OF CONDUCT

Coaches are role models and need to set positive examples by:

1. Adhering to all U.K.C.A. Rules and Regulations
2. Emphasising that good athletes strive for good mental and physical health
3. Emphasising that winning is the result of teamwork
4. Motivating Cheerleaders in developing self confidence and self esteem
5. Never criticising Cheerleaders in front of spectators, but reserving constructive criticism for later, in private, or in the presence of squad members only if others might learn from hearing the criticism
6. Not criticising opposing Coaches, Cheerleaders or supporters verbally or by gesture; not inciting un-sportsman like conduct
7. Not swearing, using foul or abusive language at any time
8. Abstaining from
 - the possession or drinking of alcoholic beverages
 - the possession or smoking of tobaccoin the presence of spectators, officials, judges, their own or other squads, or where not permitted by law
 - the possession or taking of any controlled drug at any time
9. Accepting decisions of officials and judges in competitions as final
10. Being responsible for the conduct and control of squad members, helpers and spectators

Cheerleaders should strive to promote good sportsmanship by:

1. Striving to be modest in victory and gracious in defeat
2. Taking responsibility for providing positive leadership at all times
3. Not criticising opposing Coaches, Cheerleaders or supporters verbally or by gesture; not inciting un-sportsman like conduct
4. Not swearing, using foul or abusive language at any time
5. Abstaining from
 - the possession or drinking of alcoholic beverages
 - the possession or smoking of tobaccoin the presence of spectators, officials, judges, teammates or other squads while wearing team uniform or otherwise representing their squad, or where not permitted by law
 - the possession or taking of any controlled drug at any time
6. Always showing respect and being polite to officials, judges, opposing Coaches, Cheerleaders and spectators

Be Ambassadors of good will

CHEERLEADING 😊
The Sport of Smiles